

UCCOOK

Deetlefs Chicken Al Limone

**with rustic garlic & sage sweet potato
mash**

Keep your cellphone close, Chef, because you will want to share this one on the socials! A garlic & sage-infused silky smooth sweet potato mash complements a spicy chicken, coated with a lemon & parsley herb crust. Sided with a pea, feta & greens salad.


Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Deetlefs Winery

 Fan Faves

 Deetlefs Wine Estate | Deetlefs Stonecross
Sauvignon Blanc

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Ingredients & Prep

250g	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
3g	Fresh Sage <i>rinse</i>
1	Garlic Clove <i>peel & grate</i>
1	Free-range Chicken Breast
35ml	Spiced Flour <i>(30ml Cornflour & 5ml NOMU Italian Rub)</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
40ml	Lemon Juice
40g	Peas
50g	Cucumber <i>rinse & cut into half-moons</i>
20g	Green Leaves <i>rinse</i>
30g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Milk (optional)
Paper Towel
Butter

1. A SWEET START Preheat the oven to 220°C. Spread the sweet potato pieces and the sage leaves on a roasting tray. Coat in oil, ½ the grated garlic, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Place the roasted sweet potato in a bowl with a knob of butter and a splash of water or milk (optional). Mash with a fork and cover.

2. SPICY CHICKEN & LEMON-PARSLEY MIX Pat the chicken dry with paper towel. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Coat the chicken in the spiced flour and seasoning. In a bowl, combine ½ the chopped parsley, the lemon juice, and remaining garlic. Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with the garlic, lemon & parsley mix, and a knob of butter. Remove from the pan and rest for 5 minutes.

3. PEA & FETA SALAD Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. In a salad bowl, toss together the plump peas, the cucumber half-moons, the rinsed green leaves, the crumbled feta, a drizzle of olive oil, and seasoning.

4. A DELISH PLATE Plate up the garlic & sage sweet potato mash. Side with the chicken and the fresh salad. Garnish with the remaining parsley. There you have it, Chef!

Nutritional Information

Per 100g

Energy	416kJ
Energy	99kcal
Protein	7.9g
Carbs	11g
of which sugars	3.2g
Fibre	1.7g
Fat	2.3g
of which saturated	1.1g
Sodium	108mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within 3
Days